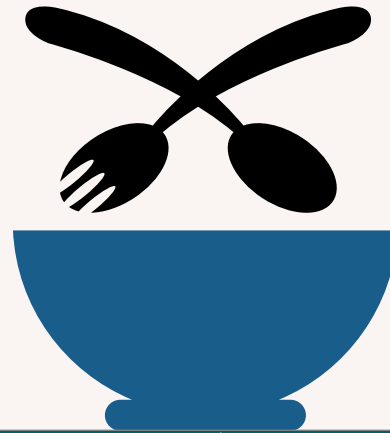
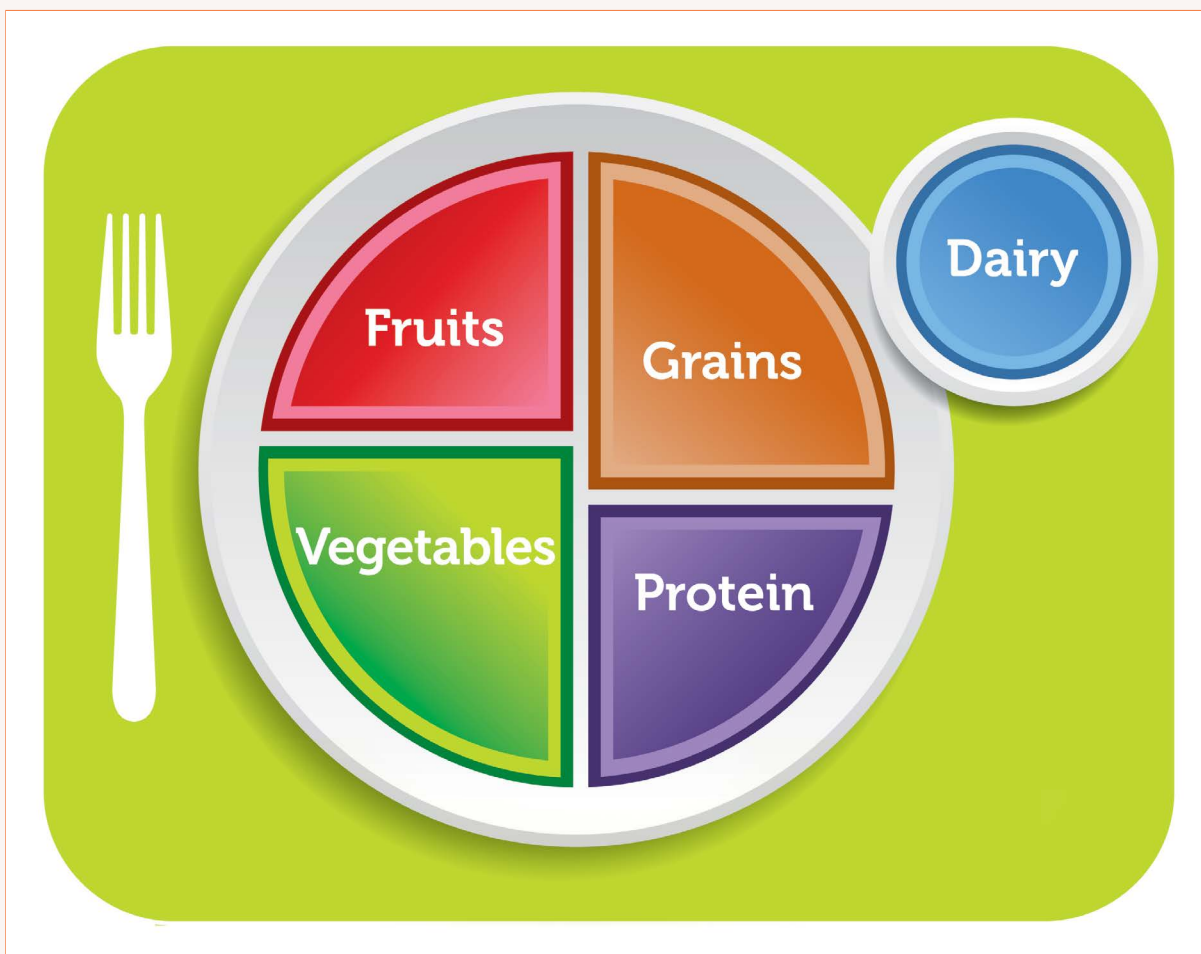


Your Daily Diet



What time did you eat/drink?	How much did you eat/drink?	What did you eat/drink?
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Food Plate



http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf